

# Coon Rapids Ice Center presents

## Spring Skating Class Lessons



## Join in the Fun!

**Coon Rapids Ice Center Spring Skating Class Schedule:**

**Saturday April 30th through Monday June 6th**

**\*No ice Memorial Day weekend May 28 - 30, 2016**

### Ice Schedule:

Monday PM (May 2, 9, 16, 23, June 6) - 5 weeks

4:40-5:40 PM Contract A

5:40-6:10 PM Gold Spin, Basic 6/7, Basic 8  
/Free Skate 1, Free Skate 2

6:10-6:40 PM Bronze/Silver Spin, Basic 1/  
Hockey 1, Basic 2/Hockey 2, Adults

6:50-7:20 PM Basic 3-5, High Jump Tech

7:20-7:50 PM Free Skate 3-7

7:50-8:50 PM Contract B

Saturday AM (April 30, May 7\*, 14, 21 & June 4) -  
5 weeks \*Some classes will not meet May 7th

7:15-8:15 AM Contract C

8:00-8:45 AM Contract D

8:15-8:45 AM Gold Spin Class

8:55-9:40 AM SPFSC Stars Edge Class

(separate brochure)\*

9:40-10:25 AM Contract E\*

10:35-11:05 AM Low Edges\*, Basic 4-8

11:05-11:35 AM Adults, Basic 1-3,

Low Jump Tech\*

11:35 AM-12:20 PM Contract F\*

12:30 -1:00 PM Rotational Belt\*

1:05-2:05 PM Off-Ice Conditioning\*

### Fees:

**Classes** (Basic, Free Skate or Spin) \$60.00

**Saturday** Low Edge or Low Jump : \$48.00

**Contract A/B Buy In:** \$20.00 per session

**Contract C-F Buy In:** \$17.00 per session

**Contract A, B** \$85.00 **C, D** \$65.00 **E, F:** \$52.00

**Off-Ice Conditioning:** \$40.00

**Summer Session:** starts June 15th— Join now!

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## CLASS DESCRIPTIONS

**BASIC SKILLS/HOCKEY CLASSES**— These classes are open to all skaters (figure, hockey and recreational) aged 4 years and older. Classes must be taken in order: Basic 1/Hockey 1, Basic 2/Hockey 2, Basic 3 through Basic 8.

**FREE SKATE CLASSES**— These classes are designed for figure skaters. Skaters must have passed Basic 8. Classes must be taken in order Free Skate 1 through 7.

**SPIN CLASSES** - Bronze/Silver Spin class is open to skaters who have passed Basic 7. Gold Spin is open to skaters who have passed Free Skate 6. Skaters will be grouped by level and placed with a coach.

**CONTRACT ICE** - This ice is open to advanced figure skaters for practice on their own or private lessons. More information about private lessons is available by contacting Skating Director, Karen Meck or any of the coaches on the Skating School Staff. All skaters must follow the traffic pattern on contract ice.

**Jump Technique Class**— These classes are designed to teach exercises to assist skaters in learning difficult single, double and triple jumps.

**STARS EDGE CLASS** - Offered by the St. Paul Figure Skating Club, it is open to all skaters who have completed one session of Free Skate 2 or higher. Skaters will work on edge, balance and rotational exercises. A separate brochure with form is required for registration. **Low Edges**— is for skaters in Basic 4 to Free Skate 1.

**JUNE BUG COMPETITION**—For skaters who are interested in competition, this is a great time to prepare and compete. The June Bug Competition held on Saturday June 11th at the Pleasant Arena. The application can be found at <http://www.stpaulfsc.org> The deadline to register is May 1st. Contact Skating Director Karen Meck at [kmeck@coonrapidsmn.gov](mailto:kmeck@coonrapidsmn.gov) for more information.

**EDGES WITH ELIOT MOVEMENT & INTERPRETATION CLINIC**— Held on Friday and Saturday May 6th and 7th. Designed for figure skaters, more information will be handed out separately.

## NOTES

1. All contract sessions prices are for ice time only no lesson is included. Skaters may arrange private lessons on their own or contact the Skating Director for a list of available coaches. Only CRIC Staff coaches are allowed to give private lessons on these sessions.
2. The contract session traffic patterns must be followed by all skaters and coaches.
3. The contact sessions are limited to 22 skaters.
4. All classes including spin have a maximum of 12 skaters per coach and a minimum of 4 skaters per coach.
5. Make-up lessons are not available.
6. Basic Skills testing may be scheduled with the director at the end of the session.
7. All Skater must be current members of Basic Skills or pay the additional \$12 membership fee.



**Coon Rapids Ice Center- 11000 CROOKED LAKE BLVD. NW, COON RAPIDS, MN 55433**

**Phone: 763-951-7222**

**Email: [kmeck@coonrapidsmn.gov](mailto:kmeck@coonrapidsmn.gov) or [www.coonrapidsicecenter.com](http://www.coonrapidsicecenter.com) click on Skate School**